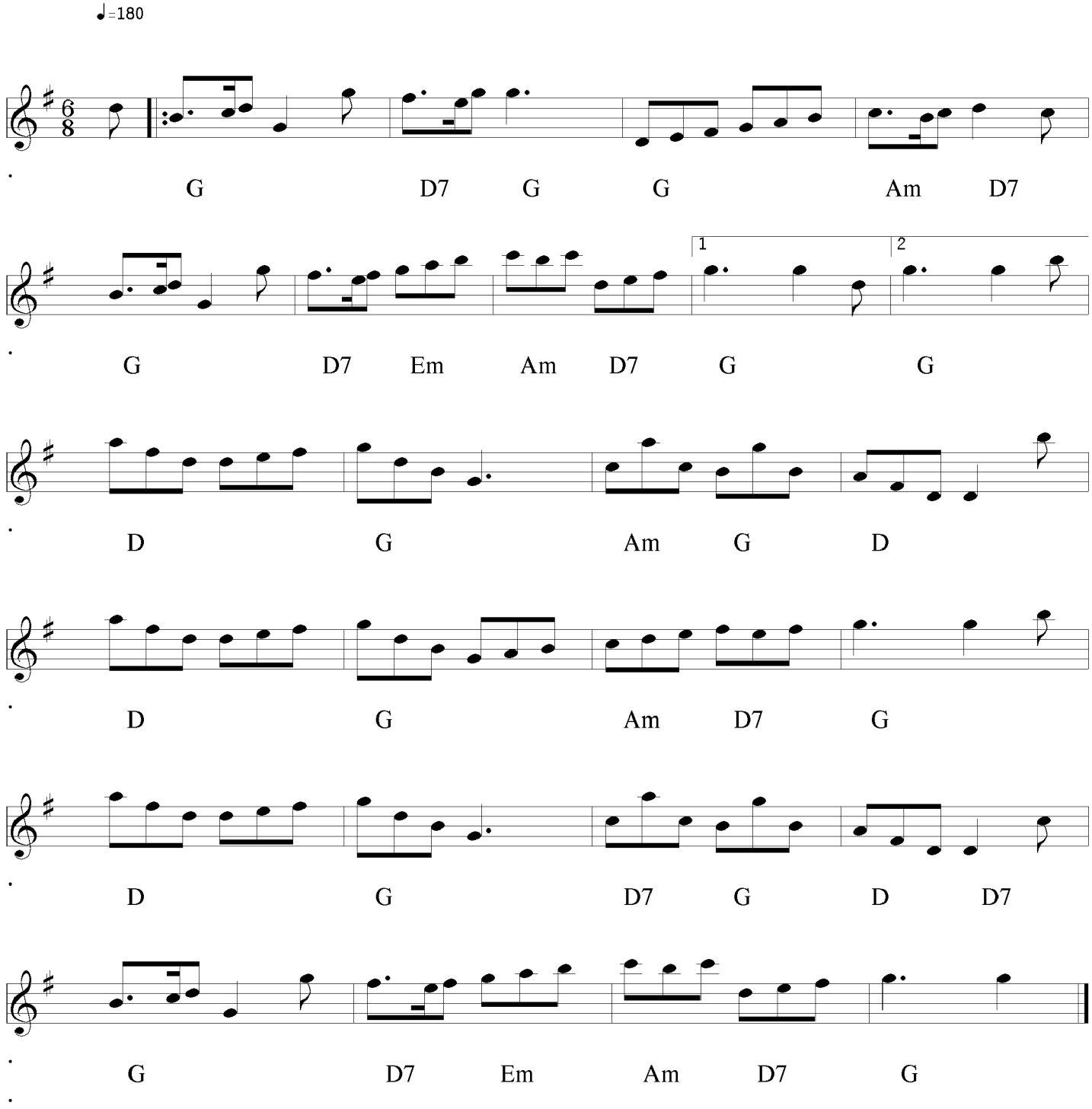The Pogo Stick